



Coping with Chemotherapy

PURPOSE

The purpose of the booklet is to help you learn three new coping skills. These three skills have been shown to be very useful in coping with the stress of chemotherapy. They are:

Deep Breathing
Active Relaxation
Positive Thinking

Take time now to learn more about these skills and how they might help you.

How do You Plan to Cope with Chemotherapy?

Chemotherapy is one of the most common and effective ways of treating many forms of cancer. However, the same treatment that works against cancer can cause side effects such as nausea, pain, fatigue, and hair loss. These side effects can affect your health. They can also get in the way of feeling good, disrupt daily activities, and put a strain on personal relationships. For these reasons, many people find going through chemotherapy to be a stressful time.

How you cope with stress during chemotherapy is important. Studies show that people who find ways to cope with stress during chemotherapy feel better physically. They are less tired and better able to do more of their usual daily activities as they go through treatment. The benefits of coping with stress can be emotional, too. Dealing with stress can help your mood at a time when it feels like much of what is happening to you is beyond your control.

Think about how you cope with stress. Do you share your feelings and concerns with friends or family? Do you take time out to do something fun and enjoyable? These familiar ways of coping can help now as you go through chemotherapy. This may also be a time to learn new ways of coping.